

Name	Address	Phone Number	Label	Delivery Option	Notes	Email
Belmont Branch Library	1101 Morningside Rd, Roanoke, Va 24013	540-342-3011 ext.7023	Free Meals		Meals for children 18 and under are available Monday, Wednesday, and Friday from 2:30 to 3:30 p.m. Multiple shelf-stable meals can be picked up for each child. Sponsoring Organization: Feeding Southwest Virginia	
Bethel Baptist Food Pantry	1601 South Colorado St, Salem, Va 24153	540-389-2376	Free Groceries		All Salem residents are welcome (bring proof of residency). Hours of Operation: Saturdays from 8 to 10 a.m. Currently operating as a drive-through format due to COVID-19.	office@bethelbaptistva.com
Blue Ridge Village Senior Food Boxes	2744 Melrose Ave NW, Roanoke, Va 24017	540-344-5345	Free Groceries		Senior Food Boxes are available for income-qualifying seniors over 60. Call for more information or to see if you qualify.	
Bluestone Park	2617 Bluestone Ave NE, Roanoke, VA 24012		Free Meals		Meals for children 18 and under are available for pick up Monday through Friday from 12p to 1p until August 7. Sponsoring organization: Roanoke Parks and Recreation	
Bonsack Baptist Church	4845 Cloverdale Rd, Roanoke, VA 24019	540-977-5701	Free Groceries		Our food pantry operates through Feeding Southwest Virginia, a Feeding America organization. We serve families in zip codes 24012, 24019, 24064, 24077, 24083, 24095, 24122, 24175, 24178, and 24179. If you live in those areas, bring a valid ID and proof of address (mail) on Thursdays from 8:30 - 10 a.m. to the Bonsack Hall (basement below our Sanctuary). Due to Covid-19, the pantry has implemented a sign-in system at the door. Sign in and wait until your appointment time to come to the door, where someone will bring you a prepared box of food. If you don't live in our assigned zip codes, text Food to 877877 to find the Food Pantry assigned to your zip code.	
Burlington Elementary	6533 Peters Creek Rd, Roanoke, Va 24019	(540) 562-3900	Free Meals		A pre-prepared lunch and bagged breakfast are available for pick up for children 18 and under from noon to 1 p.m. Monday through Thursday. Sponsoring Organization: Roanoke County Public Schools	
Campbell Avenue Community Garden	824 Campbell Ave SW, Roanoke, Va 24016	540-632-1360	Community Garden		This garden is tucked away in a quiet spot next to RAM House and Commonwealth Catholic Charities. There are 31 raised beds in this garden. All garden plots are spoken for this year. Email gardens@leapforlocalfood.org or call 540-632-1360 for more information or to be put on a waiting list. Follow this link for COVID-19 guidelines in the garden and additional information: https://leapforlocalfood.org/gardens/	
Carillon Community Health and Outreach	1202 3rd St SW, Roanoke, Va 24016		Information/Education	Phone/Online Available	Follow this link to access a calendar of free educational health and wellness programs: https://www.carillonclinic.org/community-health-outreach	
Casa Latina	3110 Pioneer Rd NW, Roanoke, VA 24012	540-579-2776	Free Meals		Every other Saturday from 10a-12p, casa latina offers a food pantry. There are no stipulations at all for who is eligible to receive food/items. The food pantry is open July 25th and then every other Saturday.	
Casa Latina	3110 Pioneer Rd NW, Roanoke, VA 24012	540-579-2776	Free Groceries		A pre-prepared lunch and bagged breakfast are available for pick up for children 18 and under from noon to 1 p.m. Monday through Thursday. Sponsoring Organization: Roanoke County Public Schools	
Cave Spring Middle School	4880 Brambleton Ave, Cave Spring, VA 24018	(540) 562-3900	Free Meals		All children 18 and under can pick up a meal on Mondays, Wednesdays, and Fridays from 1 to 3 p.m. Hot meals are served on Wednesdays and Fridays. No need to call ahead and no other restrictions. Families can drive up and receive the meals in their car or you can walk up as long as you stay 6 ft from others.	
Community Solutions Center	2328 Melrose Ave NW, Roanoke, Va 24017	540-525-1782	Free Meals		Anyone can stop by on Wednesdays from 1 to 3 p.m. to pick up a bag of produce, a few other healthy shelf-stable items, and information on healthy eating. You'll need to fill out a short survey the first time you come. No restrictions.	
Community Solutions Center	2329 Melrose Ave NW, Roanoke, Va 24017	540-525-1782	Free Groceries		If you have limited income, you may qualify for a monthly SNAP benefit that can be spent on food for you and your family. Apply online at https://commonhelp.virginia.gov/ or by phone at 1-855-635-4370.	
Department of Social Services	1510 Williamson Rd NE, Roanoke, Va 24012	540-853-2591	Benefits		If you have limited income, you may qualify for a monthly SNAP benefit that can be spent on food for you and your family. Apply online at https://commonhelp.virginia.gov/ or by phone at 1-855-635-4370.	
Department of Social Services	220 E. Main St, Salem, Va 24153	540-387-6087	Benefits		The food pantry is open on Wednesdays from 9:00a-12:00p. Selection of food items are based on the number of residents per household.	
East Gate Church of the Nazarene	2002 East Gate Ave, Roanoke, Va 24012	540-339-6974	Free Groceries		Call for more information.	
Emmanuel Tabernacle Baptist Church	5 12th St SW, Roanoke, Va 24016	540-982-2680	Free Groceries		Meals for children 18 and under are available for pick up Monday through Friday from 12p to 1p until August 7. Sponsoring organization: Roanoke Parks and Recreation	
Eureka Recreation Center	1529 Carroll Ave NW, Roanoke, VA 24017		Free Meals		Meals for children 18 and under are available Monday through Friday from 11:30 a.m. to 12:30 p.m. Sponsoring organization: Roanoke City Public Schools	
Fallon Park Elementary	502 19th St SE, Roanoke, VA 24013	540-853-2535	Free Meals		Call for more information.	
First Baptist Church (Salem) Soup Kitchen	226 S BRd St, Salem, Va 24153	540-389-9648	Free Groceries		Call for more information.	
First Church of God Food Pantry	5008 Hildebrand Rd NW, Roanoke, Va 24012	540-366-2653	Free Groceries		Call for more information.	
Forest Park Church	812 29th St NW, Roanoke, VA 24017	540-343-4471	Free Meals		Grab-and-go meal packages are available on a first come first served basis Monday through Friday between 10:00 and 11:30am. Visit this website for more information: https://forestparkroanoke.com/summer-meals?fbclid=IwAR2WrD5qEQRvWolStx722dbvndR5liou2RkAJapw2gBE78PpWLV5c-dLsGk	
Gainsboro Library	15 Patton Ave, Roanoke, VA 24016	540-342-3011 ext.7023	Free Meals		Snacks and lunches for children 18 and under are available Monday through Friday from 12 to 2 p.m. Sponsoring Organization: Feeding Southwest Virginia Call or email kidsprograms@faswva.org for more information.	
Garden City Elementary	3718 Garden City Blvd SE, Roanoke, VA 24014	540-853-2971	Free Meals		Meals for children 18 and under are available Monday through Friday from 11:30 a.m. to 12:30 p.m. Sponsoring organization: Roanoke City Public Schools	
Garden of Prayer	3101 Cove Rd NW, Roanoke, Va 24017	540-342-3011 ext.7023	Free Meals		Meals for children 18 and under are available Monday through Friday from 3 to 6 p.m. Multiple shelf-stable snacks and dinners can be picked up for each child. Sponsoring Organization: Feeding Southwest Virginia	
George Washington Carver Garden	525 Loudon Ave, Roanoke, Va 24016		Community Garden		Saturday is the Community Day for Carver Garden, starting at 9 a.m. Anyone wanting to help in the Garden should arrive with mask and gloves. Just show up, register and we will take it from there. As a Community Garden We Believe " when you become a working member of the Garden you are entitled to fruits of your labor " .	
Glen Cove Elementary School	5901 Cove Rd, Roanoke, VA 24019	(540) 562-3900	Free Meals		A pre-prepared lunch and bagged breakfast are available for pick up for children 18 and under from noon to 1 p.m. Monday through Thursday. Sponsoring Organization: Roanoke County Public Schools	
Glenvar High School	4549 Malus Dr, Salem, VA 24153	(540) 562-3900	Free Meals		A pre-prepared lunch and bagged breakfast are available for pick up for children 18 and under from noon to 1 p.m. Monday through Thursday. Sponsoring Organization: Roanoke County Public Schools	
Good Samaritan Christian Soldiers Food Pantry	728-A Church Ave, Roanoke, Va 24013	540-206-3466	Free Groceries		Open to all with a Roanoke City or Vinton ID. Curbside service Tues-Sat 10 to 11:30am.	
Grandin Village Farmers Market	2080 Westover Ave SW, Roanoke, Va 24015	540-632-1361	Discount with EBT Card	Delivery Available	Place an order online at https://leapforlocalfood.luluslocalfood.com/ to purchase food directly from local farmers. Orders are packed for curbside pickup on Saturdays from 8am to 12 noon or can be delivered for a \$5 fee. SNAP (EBT and P-EBT), Medicaid, and WIC members receive 50% off on their order IF their order is at least HALF fresh produce in value. Contact LOM@leapforlocalfood.org or 540-632-1360 to apply the discount.	
Green Valley Elementary School	3838 Overdale Rd, Roanoke, VA 24018	(540) 562-3900	Free Meals		A pre-prepared lunch and bagged breakfast are available for pick up for children 18 and under from noon to 1 p.m. Monday through Thursday. Sponsoring Organization: Roanoke County Public Schools	
Harvest Baptist Church	1001 Stewart Ave SE, Roanoke, Va 24013	540-293-9860	Free Groceries		Food is available for residents of Southeast Roanoke. By appointment only. Call ahead for information.	hreach4him@gmail.com
Herman L. Horn Elementary School	1002 Ruddell Rd, Vinton, VA 24179	(540) 562-3900	Free Meals		A pre-prepared lunch and bagged breakfast are available for pick up for children 18 and under from noon to 1 p.m. Monday through Thursday. Sponsoring Organization: Roanoke County Public Schools	

Purchase EBT/SNAP tokens and receive a dollar to dollar match, up to \$10 per person, per day. That means for each \$1 you purchase, you will receive an additional \$1 EBT/SNAP match to use with our wonderful Historic City Market vendors.*

If you are interested in purchasing EBT/SNAP or credit card tokens, visit the Downtown Roanoke, Inc. office at 213 Market Street (3rd floor) Monday through Friday, 8:00am - 5:00pm or at the market information tent on Saturdays from 9:00am - 2:00pm! For more information, visit <https://www.downtownroanoke.org/explore/farmers-market>

*EBT/SNAP standard restrictions on purchased items are enforced. We only serve the 24019 zip code. Call ahead, and we will gather the needed items and give you information on when to pick them up. office@hrbc1.com

Meals for children 18 and under are available for pick up Monday through Friday from 12 to 1 p.m. until August 7. Sponsoring Organization: Roanoke Parks and Recreation
Hurt Park Community Garden hosts a few market gardeners as well as neighborhood residents growing food 44 in-ground plots. The garden includes a composting station and a pavilion that can be utilized for classes. A unique feature of this garden are raised beds lining the sidewalk, where produce is grown for anyone to pick. All garden plots are spoken for this year. Email gardens@leapforlocalfood.org or call 540-632-1360 for more information or to be put on a waiting list. Follow this link for COVID-19 guidelines in the garden and additional information: <https://leapforlocalfood.org/gardens/>

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A box of non-perishables can be picked up once every three months. Call ahead, and a box will be reserved for you. Hours of operation are Monday through Friday from 5:30 to 7:30 p.m. tammy@lbcva.com

Meals for children 18 and under are available for pick up Monday through Friday from 12 to 1 p.m. until August 7. Sponsoring Organization: Roanoke Parks and Recreation

The LEAP Mobile Market brings local, healthy, and fresh food to sell at the DSS office on Wednesdays from 12:30 to 2:00 p.m. Receive 50% off all fruit and vegetables with your EBT or P-EBT card or if you are a Medicaid or WIC recipient. For more information, visit <https://leapforlocalfood.org/markets/mobile/>

The LEAP Mobile Market brings local, healthy, and fresh food to sell at Elm Manor on Fridays from 12:30 to 1:30 p.m. Receive 50% off all fruit and vegetables with your EBT or P-EBT card or if you are a Medicaid or WIC recipient. For more information, visit <https://leapforlocalfood.org/markets/mobile/>

The LEAP Mobile Market brings local, healthy, and fresh food to sell at Jamestown Place on Fridays from 11 a.m. to noon. Receive 50% off all fruit and vegetables with your EBT or P-EBT card or if you are a Medicaid or WIC recipient. For more information, visit <https://leapforlocalfood.org/markets/mobile/>

The LEAP Mobile Market brings local, healthy, and fresh food to sell at Melrose Towers on Wednesdays from 10:30 a.m. to noon. Receive 50% off all fruit and vegetables with your EBT or P-EBT card or if you are a Medicaid or WIC recipient. For more information, visit <https://leapforlocalfood.org/markets/mobile/>

The LEAP Mobile Market brings local, healthy, and fresh food to sell at Morningside Manor on Wednesdays from 2:30 to 3:30 p.m. Receive 50% off all fruit and vegetables with your EBT or P-EBT card or if you are a Medicaid or WIC recipient. For more information, visit <https://leapforlocalfood.org/markets/mobile/>

The LEAP Mobile Market brings local, healthy, and fresh food to sell at West End Farmer's Market from 3:00 to 6:00 p.m. Receive 50% off all fruit and vegetables with your EBT or P-EBT card or if you are a Medicaid or WIC recipient. For more information, visit <https://leapforlocalfood.org/markets/mobile/>

The LEAP Mobile Market brings local, healthy, and fresh food to sell at Westwood Village on Fridays from 2:00 to 3:30 p.m. Receive 50% off all fruit and vegetables with your EBT or P-EBT card or if you are a Medicaid or WIC recipient. For more information, visit <https://leapforlocalfood.org/markets/mobile/>

Snacks and lunches for children 18 and under are available Monday through Friday from 12 to 2 p.m. Sponsoring Organization: Feeding Southwest Virginia Call or email kidsprograms@faswva.org for more information.

Meals on Wheels mid-day meals are delivered M-Th for seniors who are unable to prepare nutritious meals for themselves. Call for more information or to see if you qualify.

Meals for children 18 and under are available Monday through Friday. Snacks are available from 2:45 to 3:15 p.m. and dinner is available from 3:45 to 4:30 p.m. Multiple shelf-stable meals can be picked up for each child. Sponsoring Organization: Feeding Southwest Virginia

Meals for children 18 and under are available for pick up on Monday, Wednesday, and Friday from 12 to 1 p.m. Multiple shelf-stable snacks and lunches can be picked up for each child. Sponsoring Organization: Feeding Southwest Virginia

Groceries are available to all for pick up on Thursday from 1 to 4 p.m.

Meals for children 18 and under are available Monday through Friday from 11:30 a.m. to 12:30 p.m. Sponsoring organization: Roanoke City Public Schools

Built in conjunction with an Urban Farm by Carilion, this garden has 25 in-ground plots of and includes an array of perennial berry bushes for the public to enjoy. All garden plots are spoken for this year. Email gardens@leapforlocalfood.org or call 540-632-1360 for more information or to be put on a waiting list. Follow this link for COVID-19 guidelines in the garden and additional information: <https://leapforlocalfood.org/gardens/>

For more information on educational programs that include free produce fresh from the farm, visit <https://www.carilionclinic.org/morningside-urban-farm#about>

A pre-prepared lunch and bagged breakfast are available for pick up for children 18 and under from noon to 1 p.m. Monday through Thursday. Sponsoring Organization: Roanoke County Public Schools

Mountain View Community Garden includes a beautiful pavilion, bees, a lovely old stone wall on two sides, and handicap accessible raised beds among the 66 raised bed plots in the garden. All garden plots are spoken for this year. Email gardens@leapforlocalfood.org or call 540-632-1360 for more information or to be put on a waiting list. Follow this link for COVID-19 guidelines in the garden and additional information: <https://leapforlocalfood.org/gardens/>

Call for more information. czielar@cox.net

A pre-prepared lunch and bagged breakfast are available for pick up for children 18 and under from noon to 1 p.m. Monday through Thursday. Sponsoring Organization: Roanoke County Public Schools

Food boxes are available for those living in the 24012 zip code. You may only receive one box a month. Call ahead if possible. Hours of operation are Monday through Thursday from 9 a.m. to 3 p.m. office@oaklandbaptistchurch.net

Meals for children 18 and under are available Monday through Friday from 12 to 1 p.m. until August 7. Sponsoring Organization: Roanoke Parks and Recreation

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Historic Roanoke City Market	Market Square SE, Roanoke, Va 24011				
Hollins Rd Baptist Church	3502 Old Mountain Rd NE, Roanoke, Va 24019	540-362-9569	Free Groceries		
Hurt Manor	802 Hunt Ave NW, Roanoke VA 24012		Free Meals		
Hurt Park Community Garden	1781 Salem Ave, Roanoke, Va 24016				
Indian Rock Village	2034 Indian Village Lane SE, Roanoke VA 24013		Community Garden		
Jamestown Place	1533 Pike Lane SE, Roanoke, VA 24014		Free Meals		
Lakeside Baptist Church	447 Dalewood Ave, Salem Va 24153	540-986-0062	Free Groceries		
Landsdowne Park	2624 Salem Turnpike NW, Roanoke, VA 24017		Free Meals		
LEAP Mobile Market at DSS	1510 Williamson Rd NE, Roanoke, Va 24012				
LEAP Mobile Market at Elm Manor	32 Elm Ave SW, Roanoke, VA 24016		Discount with EBT Card		
LEAP Mobile Market at Jamestown Place	1533 Pike Lane SE, Roanoke, VA 24014		discount with EBT Card		
LEAP Mobile Market at Melrose Towers	3038 Melrose Ave NW, Roanoke, Va 24017		Discount with EBT Card		
LEAP Mobile Market at Morningside Manor	1020 13th St SE, Roanoke, Va 24013		Discount with EBT Card		
LEAP Mobile Market at West End Farmer's Market	1210 Patterson Ave SW, Roanoke, Va 24016		Discount with EBT Card		
LEAP Mobile Market at Westwood Village	748 Westwood Blvd NW, Roanoke, Va 24017		Discount with EBT Card		
Macedonia Baptist Church	2910 Cove Rd NW, Roanoke, Va 24017	540-632-1360 540-915-9595	Free Groceries		
Main Library	706 S. Jefferson St, Roanoke, Va 24016	540-342-3011 ext. 7023	Free Meals		
Meals on Wheels	4933 Frontage Rd NW, Roanoke, Va 24019	540-345-0451	Free Meals	Delivery Available	
Melrose Adventist Child Development Center	1523 Melrose Ave NW, Roanoke, Va 24017		Free Meals		
Melrose Library	2502 Melrose Ave NW, Roanoke, Va 24017		Free Meals		
Metropolitan Community Church of the Blue Ridge	806 Jamison Ave SE, Roanoke, VA 24013	540-342-3011 ext.7023 (540) 344-4444	Free Groceries		
Monterey Elementary	4501 Oliver Rd NE, Roanoke VA 24012	540-853-2933	Free Meals		
Morningside Community Garden	917 Morgan Ave SE, Roanoke Va 24013		Community Garden		
Morningside Urban Farm	917 Morgan Ave SE, Roanoke, Va 24013	540-983-4053	Information/Education		
Mount Pleasant Elementary School	3216 Mt Pleasant Blvd, Roanoke, VA 24014	(540) 562-3900	Free Meals		
Mountain View Community Garden	740 13th St SW, Roanoke, Va 24016		Community Garden		
Mt. Zion African Methodist Episcopal Church	2128 Melrose Ave NW, Roanoke, Va 24017	540-632-1360 540-342-4954	Free Groceries		
Oak Grove Elementary School	5005 Grandin Rd Ext, Roanoke, VA 24018	(540) 562-3900	Free Meals		
Oakland Baptist Church	3623 Roundhill Ave NW, Roanoke, Va 24012	540-366-5861	Free Groceries		

Oliver Hill House	401 Gilmer Ave., NW Roanoke, VA 24016	540-342-3011 ext.7023	Free Meals		Snacks are available for children 18 and under Monday through Friday from 3:30 p.m. to 4:00 p.m. Sponsoring Organization: Feeding Southwest Virginia Call or email kidsprograms@faswva.org for more information.
Orchard Hill Estates	6032 Cloverdale Rd, Roanoke, VA 24019	540-342-3011 ext.7023	Free Meals		Snacks and lunches are available for children 18 and under Monday through Friday from 12:00 p.m. to 2:00 p.m. Call or email kidsprograms@faswva.org for more information.
Patrick Henry High School	2102 Grandin Rd SW, Roanoke, Va 24015	540-853-2502	Free Meals		Meals for children 18 and under are available on Monday through Friday from 11:30 a.m. to 12:30 p.m.
Perfecting Unity Church	4142 Melrose Ave NW, Roanoke, Va 24017	540-265-5995	Free Groceries		Sponsoring Organization: Roanoke City Public Schools Call for more information.
Presbyterian Community Center	1228 Jamison Ave SE, Roanoke, Va 24013	540-982-2911 ext 106	Free Groceries		Must be income eligible; must call ahead to schedule an appointment to pick up food Monday-Thursday 9a-4:30p
Presbyterian Community Center	1228 Jamison Ave SE, Roanoke, Va 24013	540-982-2911	Free Meals		Meals for children 18 and under are available Monday through Friday. Breakfast is available form 9 a.m. to 10:30 a.m. and lunch is available from 12 p.m. to 12:30 p.m. Sponsoring Organization: Feeding Southwest Virginia
Preston Park Recreation Center	3137 Preston Ave NW, Roanoke, VA 24012		Free Meals		Meals for children 18 and under are available for pick up Monday through Friday from 12 to 1 p.m. until August 7. Sponsoring Organization: Roanoke Parks and Recreation
Raleigh Court Library	2112 Grandin Rd, Roanoke, VA 24015	540-342-3011 ext.7023	Free Meals		Snacks and lunches are available for children 18 and under Monday through Friday from 12 to 2 p.m. Sponsoring organization: Feeding Southwest Virginia Call or email kidsprograms@faswva.org for more information.
RAM House	824 Campbell Ave SW, Roanoke, Va 24016	540-345-8850	Free Meals		Bagged lunches are available for anyone for pick up between 11:45 a.m. and 1 p.m. No restrictions and no questions asked. Call for more information.
Rescue Mission	402 Fourth St SE, Roanoke, Va 24013	540-343-7227	Free Groceries		Must register with SS card and ID M-F 9 to 11am or 1:30 to 4pm. Once registered, curbside pick up is available on Saturdays from 8 to 10am. Limited to one food box a month per family.
Roanoke First Church	728 Highland Ave SE, Roanoke, Va 24013	540-342-4003	Free Meals		To-go hot meals are available to all for pick up from 6:00 to 7pm on Wednesday nights.
Roanoke Food Co+Op	1319 Grandin Rd SW, Roanoke, Va 24015	540-343-5652	Discount with EBT Card		Half off fresh AND frozen produce with your EBT card, no limit.
Roanoke Food Co+Op	1 Market Square SE #115, Roanoke, Va 24011	540-904-2733	Discount with EBT Card		Half off fresh AND frozen produce with your EBT card, no limit.
Rosalind Hills Baptist Church	2712 Brandon Ave SW, Roanoke, Va 24015	540-344-7888	Free Groceries		Food boxes are available for anyone who is a resident of Virginia. No appointment necessary. We currently operate as a drive thru pantry (clients stay in their vehicles). Hours of Operation: Mondays and Thursdays 10 a.m. to noon. Each client may receive one box per month
Round Hill Elementary	2020 Oakland Blvd NW, Roanoke, VA, 24012	540-853-2756	Free Meals		Meals for children 18 and under are available Monday through Friday from 11:30 a.m. to 12:30 p.m. Sponsoring organization: Roanoke City Public Schools
Salem Church of God	600 Craig Ave, Salem, Va 24153	540-992-5989	Free Groceries		Call ahead if this is your first time. After that, just show up. Hours of Operation: Second Monday of each month from 5:30 to 7:30 p.m. Receive half off fruits and vegetables fresh from local farms with your EBT or P-EBT card. Order ahead by visiting this site: https://docs.google.com/spreadsheets/d/1SvDKHfk_nGGfZGisIB7g057GIT6MhTqKh8bsvEiwN8/edit?fbclid=IwAR1zYtD3ZWP8yG1yF5GTZ28_gXCG4M4VkpNkHDjDbl-R2hHcM1BOiPJ48#gid=0 Pick up and pay for your order on Saturdays from 8 a.m. to 11 a.m. Call for more information. Follow the market on Facebook for updates: https://www.facebook.com/SalemVaMarket/ Must be an income-eligible Salem, Vinton, or Roanoke County Resident. Call to see if you qualify and to schedule an appointment. Hours of operation: Monday - Friday 10 a.m. to 2 p.m. by appointment only.
Salem Farmers Market	14 W Main St, Salem, Va 24153	540-375-4098	Discount with EBT Card		Senior Food Boxes are delivered once a month to income-qualifying seniors over 60. Call for more information or to see if you qualify. Senior Food Boxes are available for income-qualifying seniors over 60. Call for more information or to see if you qualify. Curbside service is available for grocery pickup from 9 a.m. to noon, Mondays through Fridays. Closed on the first Tuesday of each month.
Salem Food Pantry	915 Union St, Salem Va 24153	540-389-6938	Free Groceries		Groceries are available on the 2nd and 4th Monday of each month from 5 to 6:30 p.m. Food and supplies are delivered as needed to all age groups and families in all Roanoke area codes except 24018 and 24019. Call for more information. Call for more information.
Senior Food Boxes	4932 Frontage Rd NW, Roanoke, Va 24019	540-345-0451	Free Groceries	Delivery Available	Snacks and dinners are available for children 18 and under on Tuesdays from 5 to 6 p.m. Sponsoring Organization: Feeding Southwest Virginia Call or email kidsprograms@faswva.org for more information.
Senior Food Boxes at Morningside Manor	1020 13th St SE, Roanoke, Va 24013	540-342-3011 x7040	Free Groceries		Snacks and dinners are available for children 18 and under on Tuesdays from 5 to 6 p.m. Sponsoring Organization: Feeding Southwest Virginia Call or email kidsprograms@faswva.org for more information.
St Francis House	820 Campbell Ave NW, Roanoke, Va 24016	540-268-0098	Free Groceries		For information, email thegivinggardensalem@gmail.com or follow us on Facebook at https://www.facebook.com/TheGivingGardenSalem/
St Marks Lutheran Church	1008 Franklin Rd SW, Roanoke, Va 24016	540-344-9051	Free Groceries		Hours of Operation: Tuesdays at 10 a.m. and Thursdays at 6 p.m. Open to all, first come first-served. If you're elderly or immunocompromised, contact us to see if we can assist. Follow us on Facebook for more information: https://www.facebook.com/hopecenterofnw/
St. John's Community Youth Program	1 Mountain Ave SW, Roanoke, Va 24016	540-309-6321	Free Groceries	Delivery Available	Meals for children 18 and under are available on Mondays, Wednesdays, and Fridays from 1:15 to 2:15 p.m. Multiple shelf-stable snacks and lunches can be picked up for each child. Meals on Fridays are available for the whole family and are fresh from local restaurants. Sponsoring Organization: Feeding Southwest Virginia
Staunton Avenue Church of God	1926 Staunton Ave, NW, Roanoke, Va 24017	540-344-8301	Free Groceries		Serving to-go hot meals from 6:30 to 8 p.m. on Wednesday nights and on Sundays at 10:30 a.m. and 6 p.m. All are welcome.
Sweet Union Baptist Church	521 Madison Ave NW, Roanoke, Va 24016	540-3453520	Free Groceries		Learn about eating smart on a budget with limited food options for FREE! Call or email for tips on how to stock up on food, ways to stretch your food dollars, planning quick and healthy meals with what you have on hand, planting container gardens, methods to ensure food is safe, ways to be active at home, and more! You can also contact me about enrolling in a free online class. Email: llzq@vt.edu
TAP	1633 Salem Ave, Roanoke VA 24016	540-342-3011 ext. 7023	Free Meals		Learn about eating smart on a budget with limited food options for FREE! Call or email for tips on how to stock up on food, ways to stretch your food dollars, planning quick and healthy meals with what you have on hand, planting container gardens, methods to ensure food is safe, ways to be active at home, and more! You can also contact me about enrolling in a free online class. Email: bartond@vt.edu
TAP - Casa Latina	5110 Pioneer Rd, Roanoke VA 24012	540-342-3011 ext. 7023	Free Meals		The Virginia Cooperative Extension provides a help desk hotline for all of your gardening questions. We answer your gardening questions for free! Call and leave a message or email bleach@vt.edu .
The Giving Garden	41 E Main St, Salem, Va 24153		Community Garden		Meals for children 18 and under are available for pick up Monday through Friday from 12 to 1 p.m. until August 7. Sponsoring Organization: Roanoke Parks and Recreation
The Hope Center	506 11th St NW, Roanoke, Va 24017	540-384-5843	Free Groceries		Morning snacks for children 18 and under are available Monday through Friday from 9:00 a.m. to 10:00 a.m. and lunches are available from 11:00 a.m. to 12:00 p.m. Sponsoring Organization: Feeding Southwest Virginia Call or email kidsprograms@faswva.org for more information.
Tinker Creek Manor Apartments	2050 Tinker Drive NE, Roanoke, Va 24012	540-342-3011	Free Meals		EBT match up to \$20. Hours of Operation: Tuesday-Friday 9am-6pm and Saturday 9am-3pm. Call for more information and check Facebook page Vinton Farmer's Market for changes in these hours of operation
United Christian Inner City Soup Kitchen	828 Jamison Ave, Roanoke, Va 24013	540-392-6613	Free Meals		
VCE Family Nutrition Program	3716 Melrose Ave NW, Roanoke, Va 24017	540-632-0290	Information/Education	Phone/Online Available	
VCE Family Nutrition Program	1025 Electric Rd, Salem, Va 24153	540-818-4182	Information/Education	Phone/Online Available	
VCE's Gardening Help Desk	3738 Brambleton Ave SW, Roanoke, VA 24018	540-776-7178	Information/Education	Phone/Online Available	
Villages at Lincoln	1901 Dunbar St, Roanoke, VA 24012		Free Meals		
Villa Heights Recreation Center	2750 Hoover St NW, Roanoke, Va 24017	540-342-3011 ext.7023	Free Meals		
Vinton Farmers Market	204 W Lee Ave, Vinton, VA 24179	540-983-0613	Discount with EBT Card		

Vinton Library	300 South Pollard St, Vinton, Va 24179	540-342-3011 ext.7023	Free Meals	Meals for children 18 and under are available every day of the week from 12 to 1 p.m. Multiple shelf-stable snacks and lunches can be picked up for each child. Meals on Fridays are available for the whole family and are fresh from local restaurants. Sponsoring Organization: Feeding Southwest Virginia
West End Center	1233 Patterson Ave SW, Roanoke, Va 24016	540-342-0902	Free Meals	Meals for children 18 and under are available Monday through Friday. Breakfasts are available from 9:00 a.m. to 9:30 a.m. and lunches are available from 12:00 p.m. to 1:30 p.m. Sponsoring Organization: Feeding Southwest Virginia Call or email kidsprograms@faswva.org for more information.
West End Farmers Market	1210 Patterson Ave SW, Roanoke, Va 24016	540-632-1360	Discount with EBT Card	No pre-order necessary. Stop by the West End Farmers Market on Tuesday from 3 to 6pm to pick up a set-price, pre-packaged selection of produce from local farmers. Half price with EBT, P-EBT, Medicaid, or WIC means \$7.50 for \$15 worth of food. If you'd like to pre-order so you can choose exactly what you purchase, place and order online at https://leapforlocalfood.luluslocalfood.com . Orders are packed for curbside pickup or can be delivered for a \$5 fee. SNAP (EBT and P-EBT), Medicaid, and WIC members receive 50% off on their order IF their order is at least HALF fresh produce in value. Contact LOM@leapforlocalfood.org or 540-632-1360 to apply the discount for your pre-order.
WIC Clinic	1502 Williamson Rd NE, Roanoke, Va 24012	540-283-5050	Benefits	WIC, or the Special Supplemental Nutrition Program for Women, Infants and Children, is a nutrition program that helps improve the health of pregnant women, infants, and children (under 5 years of age) through better nutrition and access to health care. WIC Provides nutrition education, private and group sessions with a nutrition expert, support and help with breastfeeding, referrals to other services that can help you and your family (e.g. immunizations, health care, dental care), healthy recipes, and access to healthy foods. To be eligible for WIC, you must meet categorical eligibility which includes the following: infants from birth to age 1, children up to age 5, women who are pregnant, breastfeeding, and postpartum, being a Virginia resident, being financially eligible, and being at nutritional risk. Automatic Income Eligibility – Certain applicants can be determined income-eligible for WIC based on their participation in certain programs. These included individuals eligible to receive SNAP benefits, Medicaid, for Temporary Assistance for Needy Families (TANF, formerly known as AFDC, Aid to Families with Dependent Children). Please call for additional information or to make an appointment. WIC, or the Special Supplemental Nutrition Program for Women, Infants and Children, is a nutrition program that helps improve the health of pregnant women, infants, and children (under 5 years of age) through better nutrition and access to health care. WIC Provides nutrition education, private and group sessions with a nutrition expert, support and help with breastfeeding, referrals to other services that can help you and your family (e.g. immunizations, health care, dental care), healthy recipes, and access to healthy foods. To be eligible for WIC, you must meet categorical eligibility which includes the following: infants from birth to age 1, children up to age 5, women who are pregnant, breastfeeding, and postpartum, being a Virginia resident, being financially eligible, and being at nutritional risk. Automatic Income Eligibility – Certain applicants can be determined income-eligible for WIC based on their participation in certain programs. These included individuals eligible to receive SNAP benefits, Medicaid, for Temporary Assistance for Needy Families (TANF, formerly known as AFDC, Aid to Families with Dependent Children). Please call for additional information or to make an appointment.
WIC Clinic	414 9th St SE, Roanoke, Va 24013	540-857-6063	Benefits	WIC, or the Special Supplemental Nutrition Program for Women, Infants and Children, is a nutrition program that helps improve the health of pregnant women, infants, and children (under 5 years of age) through better nutrition and access to health care. WIC Provides nutrition education, private and group sessions with a nutrition expert, support and help with breastfeeding, referrals to other services that can help you and your family (e.g. immunizations, health care, dental care), healthy recipes, and access to healthy foods. To be eligible for WIC, you must meet categorical eligibility which includes the following: infants from birth to age 1, children up to age 5, women who are pregnant, breastfeeding, and postpartum, being a Virginia resident, being financially eligible, and being at nutritional risk. Automatic Income Eligibility – Certain applicants can be determined income-eligible for WIC based on their participation in certain programs. These included individuals eligible to receive SNAP benefits, Medicaid, for Temporary Assistance for Needy Families (TANF, formerly known as AFDC, Aid to Families with Dependent Children). Please call for additional information or to make an appointment.
WIC Clinic	2001 Carroll Ave NW, Roanoke, Va 24017	540-857-6473	Benefits	Meals for children 18 and under are available Monday through Friday from 11:30 a.m. to 12:30 p.m. Sponsoring organization: Roanoke City Public Schools
William Fleming High School	3649 Ferncliff Ave NW, Roanoke, Va 24017	540-853-2502	Free Meals	Meals for children 18 and under are available on Mondays, Wednesdays, and Fridays from 1:15 to 2:15 p.m. Multiple shelf-stable snacks and lunches can be picked up for each child. Sponsoring Organization: Feeding Southwest Virginia
Williamson Road Library	3837 Williamson Rd, Roanoke, Va 24012	540-342-3011 ext.7023	Free Meals	Meals are available for children 18 and under Monday through Friday August 10 - 21 only. Breakfast is available from 7:30 to 8:30 a.m. and lunch is available from 12:00 to 2:00 p.m. Sponsoring Organization: Feeding Southwest Virginia Call or email kidsprograms@faswva.org for more information.
YHQ at Goodwill Youth Center	2502 Melrose Ave NW, Roanoke, Va 24017	540-342-3011 ext. 7023	Free Meals	